



BREAST & PROSTATE CANCER



FACT

Sandy (South East) has the #2 highest breast cancer incidents in Utah.

Sandy (North East) has the #9 highest prostate cancer incidents in Utah.

(Based on 63 areas of similar size)



SCREEN & EAT CLEAN

Reduce Your Cancer Risk

TIPS

There is no sure way to prevent breast or prostate cancer. But there are things you can do that might lower your risk.

BREAST CANCER:

- Limit alcohol consumption. The American Cancer Society recommends that women drink no more than 1 alcoholic beverage a day.
- Maintain a healthy weight. Remain physically active and avoid excessive weight gain.
- Exercise regularly. Strive to get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week.
- Start mammogram screenings as early as 40 years old. Yearly mammograms should begin between ages 45-54.
- Be familiar with how your breasts normally look and feel. Report any changes to your health care provider right away.
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PROSTATE CANCER:

- Eat your fruits and vegetables. Men who eat a lot of red meats and high-fat dairy products have a higher risk of prostate cancer. Be sure to eat at least 2 ½ cups of a wide variety of vegetable and fruits each day.
- Exercise regularly. Obese men may have a higher risk of getting more aggressive prostate cancer.
- Age, race, ethnicity and family history play a large role in risk of getting prostate cancer. Visit your doctor regularly, especially after age 50.



SCREEN & EAT CLEAN RESOURCES

AMERICAN CANCER SOCIETY – WWW.CANCER.ORG

Cancer Helpline: 800-227-2345

HUNTSMAN CANCER INSTITUTE – WWW.HUNSTMASNCANCER.ORG

Cancer Learning Center (CLC) | Call toll free 1-888-424-2100

E-mail cancerinfo@hci.utah.edu | Text “askhci” to 66746

CANCERCARE – WWW.CANCERCARE.ORG

Counseling – 800-813-HOPE(4673)

UTAH CANCER CONTROL PROGRAM – WWW.CANCER.ORG

This program provides breast and cervical cancer screening exams to underserved women, including those who:

- are older
- have low incomes
- are members of racial and ethnic minority groups

To see if you qualify or to schedule an appointment, call: 1-800-717-1811

ALTA VIEW HOSPITAL

Prostate Care:

Alta View Urological Associates

9720 S 1300 E Ste E230

Sandy, UT 84094

801-501-2950

Breast Care:

Edward G Hashimoto, MD - General Surgery

9720 S 1300 E Ste 220

Sandy, UT 84094

801-571-2024

Sandy OB/GYN

9600 S 1300 E Ste 308

Sandy, UT 84094

801-501-2160